

## Wheels and Heels – July 2006

*Email news from MoDOT Bicycle/Pedestrian Coordinator Caryn Giarratano*

Greetings Windbenders,

The Bicycle and Pedestrian Advisory Committee is being reconfigured into a streamlined working group to implement Missouri's Trailmap for Nonmotorized Transportation, the state bicycle and pedestrian strategic plan. See ... [http://www.modot.mo.gov/othertransportation/bike\\_ped/documents/TrailMap\\_072506.pdf](http://www.modot.mo.gov/othertransportation/bike_ped/documents/TrailMap_072506.pdf).

**Missouri Transportation Institute** - MTI is a multi-modal and multi-disciplinary consortium of 11 public and private Missouri universities and the Missouri Department of Transportation (MoDOT). MTI is housed at the University of Missouri-Rolla. The primary purpose of MTI is to be the premiere transportation research and technology entity, and the transportation policy/planning "think tank" for Missouri, dedicated to problem solving and advancing the understanding and opportunities for transportation. MTI is also the focal point for transportation technology transfer and education in the state. See ... <http://campus.UMR.edu/mti/index.htm>.

**Pilot Project** – To see the progress of the Nonmotorized Pilot Project in Columbia, visit the city website. See ... <http://archive.columbiatribune.com/2006/jun/20060622comm001.asp>.

### OTHER NEWS

**Rubber Sidewalks** – Washington, DC is installing rubber sidewalks made of ground-up tires. The rubber squares are up to three times more expensive than concrete slabs but last longer, because tree roots and freezing weather won't crack them. That, in turn, could reduce the number of slip-and-fall lawsuits filed over uneven pavement. The shock-absorbing surface also happens to be easier on the joints of joggers, and more forgiving when someone takes a spill. And the rubber sidewalks are considered more environmentally friendly: They offer a way to recycle some of the estimated 290 million tires thrown out each year in the U.S., and they do not constrict tree roots the way concrete slabs do. See ... <http://www.rubbersidewalks.com>.

**Stop at Red** – This website explains why bicyclists should follow the law as required for all vehicle operators. See ... <http://www.stopatred.org/index.php>.

**Complete Streets** - Complete streets are designed and operated to enable safe access for all users. Complete streets do not necessarily cost more to build than streets designed only for motorists. See ... <http://www.thunderheadalliance.org/completestreets.htm>.

**Rail Coach Has Bike Racks** - The first ever commuter rail coach, equipped with 40 bike racks, has been renovated to accommodate the many bike enthusiasts who travel on the Gloucester commuter rail line throughout the summer. See ... [http://www.boston.com/news/local/massachusetts/articles/2006/06/29/mbta\\_unveils\\_bike\\_friendly\\_commuter\\_car/](http://www.boston.com/news/local/massachusetts/articles/2006/06/29/mbta_unveils_bike_friendly_commuter_car/).

**Bike-Friendly Community Deadline** – The next deadline for applications to be designated as a League of American Bicyclists' Bicycle Friendly Community is Friday, August 18. The application form has been amended to include more questions related to access to single-track riding and other mountain bike riding opportunities. See ... [www.bicyclefriendlycommunity.org](http://www.bicyclefriendlycommunity.org).

**Segways Now Come with Seats** – See ... <http://gaming.engadget.com/2006/06/14/segseat-adds-an-extra-layer-of-laziness-to-the-segway/>

## **INTERNATIONAL NEWS**

**China Seeks to Return to Biking** – The Chinese government has suddenly rediscovered the environmental and health benefits of the bicycle. The construction ministry announced recently that any bike lanes that have been narrowed or destroyed to make way for cars in recent years must be returned to their original glory. This followed orders on Tuesday that all civil servants should cycle to work or take public transport to reduce the smog that chokes most city streets and urban lungs. See ... <http://www.guardian.co.uk/china/story/0,,1798536,00.html>.

**Scotland Biking Increases** – Cycling is enjoying a renaissance in Scotland, its growing popularity driven by soaring fuel prices, increasing congestion and health concerns. See ... <http://news.scotsman.com/scotland.cfm?id=882772006>.

## **SOURCES OF INFORMATION**

Check this link for other state agencies connected to bicycle and pedestrian issues, state bicycle coordinators' contact information, bicycle organizations, pedestrian information, advocacy contacts and research sources... [http://www.modot.mo.gov/othertransportation/bike\\_ped/bicyclepedprogram.htm](http://www.modot.mo.gov/othertransportation/bike_ped/bicyclepedprogram.htm).

## **CALENDAR**

**August 26** – The third annual Springfield Moonlight Bike Ride to benefit the Springfield Discovery Center and Ozark Greenways. Pre-registration is \$15 and the route is only ten miles. See ... [www.discoverycenter.org](http://www.discoverycenter.org).

**August 26** – Gateway of Hope ride in St. Louis from Forest Park to benefit the Lance Armstrong Foundation <http://www.gatewayofhope.info/>.

**September 5 to 8** – ProWalk/ProBike, the 14th International Conference on Bicycling and Walking in Madison, WI. See ... <http://www.mononaterrace.com/> or <http://www.bikewalk.org/conference/>. Register at ... <http://www.bikewalk.org/conference/register.html>.

**September 14-16** – 50 Plus Games athletic competitions for people 50 and older in Kansas City. See ... [www.jcprd50plus.com](http://www.jcprd50plus.com).

**September 16** – Ride the Tour of the Ozarks (12, 25, 50 or 100 miles) bike ride to benefit the Diabetes Education Fund. See ... [www.touroftheozarks.org](http://www.touroftheozarks.org).

**October 7** – Tour de Cape (15, 30, 62, 100 miles) bike ride to benefit Mississippi Valley Therapeutic Horsemanship Program. See ... [www.tourdecape.com](http://www.tourdecape.com).

**October 14** – BikeMO (32, 62 or 100 miles), MoBikeFed's Fall Foliage Extravaganza bike ride from Holt's Summit, five miles north of Jefferson City on Hwy 54. See ... <http://MoBikeFed.org/BikeMO>.

**November 2 to 4** – Missouri's Trail Summit conference for all trail users at the Discovery Center in Kansas City. See .... <http://www.mopark.org/MissouriTrailSummit.htm>.

**November 28 to 30** – The Missouri Coalition for Roadway Safety is host for the Blueprint for Safer Roadways Conference at the Adams Mark Hotel in St. Louis. See ... [www.savemolives.com](http://www.savemolives.com).

*Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, please tell me!*

Tailwinds, Caryn

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